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**SPORTLINE®**

## INTRODUCTION

Congratulations on your purchase of a Sportline 560 Duo Heart Rate Monitor. Please keep in mind; your watch is a sensitive technical instrument. With proper care and maintenance, it will last for many years. However, improper care and handling can cause the various sensors to be damaged and to stop functioning.

### HOW TO USE THIS MANUAL

Please read all sections of this manual carefully and become fully familiar with the operation of the watch before using it in the field.

Proper setup and operation will greatly enhance the watch's usefulness and your enjoyment.

The manual is divided into sections outlining each of the major functions of the watch. A drawing of the watch screen that represents the starting point or other important screens for each operational process are shown adjacent to the instructions for the process; important keys are shown indicating **PRESS & HOLD** and **PRESS**.

The steps for the programming or operation are adjacent to the screen illustration. Key points and important information are shown in highlighted blocks.

### ACTIVATING THE WATCH FROM POWER DOWN MODE

**PLEASE NOTE:** Your watch was originally shipped in Power Down Mode to conserve battery life.

To deactivate Power Down mode: **PRESS & HOLD ANY KEY** for 5 seconds (see page 21 for more information on Power Down mode).

## WARNINGS & CAUTIONS

**WARNING:** Before starting any exercise program or performing any vigorous physical activity, we strongly suggest you visit your doctor for a complete physical and to discuss your plans.

**CAUTION:** Your watch is designed to be water resistant to a static pressure of 5 ATM and can be worn while showering and light swimming. However, we recommend that extensive use of the unit in the water be avoided whenever possible. Care should be taken not to press any keys while the unit is submerged as this can force moisture past the key seals and damage the unit.

**CAUTION:** Avoid exposing your watch to extreme conditions for a prolonged period of time.

**CAUTION:** Avoid rough usage or severe impacts to your watch.

**DO NOT** use hand cream as it will insulate the signal between the skin and sensor contacts.

**DO NOT** use the fingertips where the skin is dry and thick. For those with extremely dry skin, moisten fingers and wrist with tap water or a conductive gel.

**CLEAN** the back cover occasionally by using a damp cloth. Then wipe dry to remove any residual grease.

**CLEAN** your skin and fingers with soap and water for a better signal transmission.

**AVOID** doing awkward motions during measurement. It may create inaccurate heart rate readings.

**SPORTLINE®**

## CARE & MAINTENANCE

- **NEVER** attempt to disassemble or service your unit.
- **DO NOT** expose the unit to extreme heat, shocks, magnetic fields, electrical noise, strong vibration or long-term exposure to direct sunlight.
- **DO NOT** drop or step on the watch.
- **TO CLEAN THE UNIT:** wipe with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose the unit to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol or insect repellents, as they may damage the unit's seal, case and/or finish.
- **STORE** the unit in a dry place when you are not using it.

### CUSTOMER SUPPORT

If you have questions, comments or need assistance you may contact Customer Support by calling **1-866-694-4575**.

## WATCH FUNCTIONS

### TIME

- Time/Day/Date/Month
- 12/24 hour format
- Daily Alarm

### HEART RATE

- Finger-Touch or Chest Strap Transmitter HR acquisition
- 4 user-selected HR Zones
- 3 user-selected Activity Levels
- HR Zone Alert
- Calorie Consumption
- Fat Burn Measurement
- HR Zone Memory Recall

### CHRONOGRAPH

- 1/100 second resolution
- 9 hours, 59 minutes, 59.99 seconds
- 25 laps
- Lap/Split Memory Recall

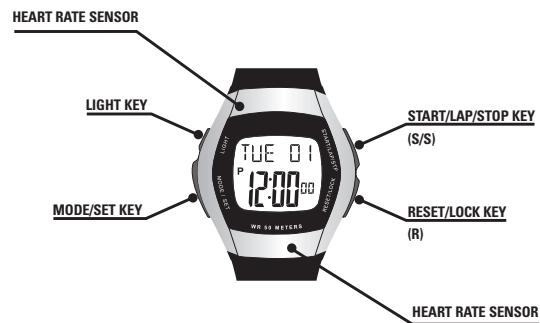
### TIMER

- 1-second resolution
- Range: 9 hours, 59 minutes, 59.99 seconds
- Audible alarm

### OTHER

- EL Backlight System

## KEYS AND THEIR FUNCTIONS



## KEYS AND THEIR FUNCTIONS

### MODE/SET KEY (MODE in instructions)

- Scroll through operating modes
- **PRESS & HOLD:** Enter/Exit the programming sequence
- Set values being adjusted in programming sequence

### START/LAP/STOP KEY (S/S)

- Accesses Alarm in Time mode
- Turn Alarm ON or OFF in Alarm mode
- Start/Stop Countdown Timer
- Start/Stop Chronograph
- Start new Lap in Heart Rate/Chronograph mode
- Increase setting values being adjusted in programming sequence

### RESET/LOCK KEY (R) (RESET in instructions)

- **PRESS & HOLD:** Reset Chronograph or Countdown Timer
- Decrease setting values being adjusted in programming sequence
- Scrolls through sub modes in Heart Rate mode
- Press and hold in **TIME** mode to deactivate touch heart rate feature

### LIGHT KEY

- Activates (EL) backlight system

### HEART RATE SENSORS

- Acquires Finger Touch Heart Rate

## ACQUIRING HEART RATE

### ACQUIRING HEART RATE: FINGER TOUCH

Heart rate may be acquired from any operating mode (not in any Setting Sequence).

1. With the watch attached to your wrist, **TOUCH & HOLD** the **HEART RATE SENSOR** (anywhere on the metal top plate) with one finger.

**NOTE:** If Heart Rate Sensor is accidentally touched, the watch will automatically attempt to acquire heart rate. If no heart rate is detected, watch will resume operating mode in approximately 10 seconds. This will not interfere with any timing functions in progress.

**NOTE:** You may exit Heart Rate mode at any time by Pressing the Mode, Start/Stop or Reset key.

2. Continue **TOUCHING & HOLDING** until heart rate displays.
3. Once Heart Rate is acquired, **RELEASE THE SENSORS**. Heart Rate will continue to display for a period of approximately 10 seconds.
4. If trouble acquiring heart rate, moisten the underside of the watch case (so contact between the wrist and watch is ensured). To activate heart rate, the watch's back plate must come into direct contact with your skin, while your fingertip is touching the top case. See p.26 for more troubleshooting details.



#### **NOTE: DEACTIVATING TOUCH HEART RATE**

If you wish to deactivate the touch heart rate feature, in Time mode, **PRESS & HOLD** the **RESET/LOCK** button for 3 seconds. A lock icon will appear on the screen indicating the feature is deactivated. Hold the button again for 3 seconds to activate the feature.

## ACQUIRING HEART RATE (WEARING THE CHEST BELT)

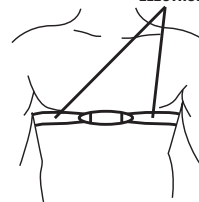
### ACQUIRING HEART RATE: WEARING THE CHEST STRAP TRANSMITTER

The Chest Strap Transmitter provides constant heart rate information throughout the duration of your workout. To ensure a proper heart rate display, the chest transmitter must be properly adjusted. Snap the plastic tabs at the end of the elastic belt into the holes at the end of the transmitter and adjust the strap so that the transmitter fits tightly below the pectoral muscles, as shown in the drawing.

**NOTE:** Users with significant chest hair may have a problem obtaining contact between the transmitter electrodes and their skin, resulting in poor performance. It may be necessary for these individuals to shave the area of their chest beneath the transmitter.

**NOTE:** In dry and cold climates it may take a few minutes for a layer of perspiration to form between the chest strap and the skin. Moistening the electrodes with saliva or ECG conductive gel can speed up this process.

#### **ELECTRODES**



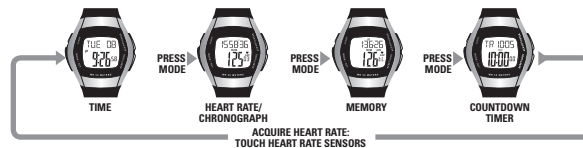
#### **NOTE: DISPLAYING HR ON THE WATCH**

Once the chest strap is correctly in place, you must toggle the watch display to the **HEART RATE/CHRONOGRAPH** mode and **PRESS** the **START/STOP** button. The timer will begin running, and the watch will begin displaying heart rate from the strap after a slight delay. See p.18 for more details.

## MAIN OPERATING MODES

The Sportline 560 Duo Heart Rate Monitor has 4 main operating modes: Time, Heart Rate/Chronograph, Memory and Countdown Timer. Scroll through modes by **PRESSING** the **MODE** key. You may acquire Finger Touch Heart Rate by **TOUCHING & HOLDING** both the upper and lower Heart Rate Sensors in any operating mode. The watch also has 8 Heart Rate sub modes (see following page).

**NOTE:** You may access Alarm mode by Pressing & Holding the Start/Stop key in Time Mode



## MAIN OPERATING MODES

The Sportline 560 Duo Heart Rate Monitor has 8 Heart Rate sub modes. Scroll through sub modes by **PRESSING** the **RESET** key in Heart Rate/Chronograph mode. If Chest Strap Transmitter is used, lower line will display current heart rate. If heart rate is being acquired through Finger Touch, lower line will display last heart rate reading.



## SETTING THE WATCH FUNCTIONS

### SETTING TIME AND USER PROFILE

In this Programming Sequence, you will program the watch's Time & Calendar functions as well as set your User Profile. This sequence must be completed to ensure accuracy of the watch's functions.

#### SETTING TIME AND DATE

1. In Time mode, **PRESS & HOLD** the **MODE** key to enter the programming sequence. The variable being adjusted will flash on and off.
2. Reset Seconds to zero (00) by **PRESSING** the **START/STOP (S/S)** or **RESET (R)** key. Advance to Set Minutes by **PRESSING** the **MODE** key.
3. Adjust Minutes by **PRESSING START/STOP** (to increase) or **RESET** (to decrease). Set Minutes and advance to Set Hour by **PRESSING** the **MODE** key.
4. Adjust Hour by **PRESSING S/S** or **R**. Set Hour and advance to Set Year by **PRESSING** the **MODE** key.
5. Adjust Year by **PRESSING S/S** or **R**. Set by **PRESSING** the **MODE** key.
6. Adjust Month by **PRESSING S/S** or **R**. Set by **PRESSING** the **MODE** key.
7. Adjust Day by **PRESSING S/S** or **R**. Set by **PRESSING** the **MODE** key.
8. Adjust 12/24-hour format by **PRESSING S/S** or **R**.
9. Set Format by **PRESSING** the **MODE** key
10. Turn Hourly Chime ON or OFF by **PRESSING S/S** or **R**. Set by **PRESSING** the **MODE** key.
11. Turn Key Beep ON or OFF by **PRESSING S/S** or **R**. Set by **PRESSING** the **MODE** key.

CONTINUED ON NEXT PAGE



ADJUST S/S or R



SET. MODE

## SETTING THE WATCH FUNCTIONS

### SETTING USER PROFILE

The Sportline 560 Duo Heart Rate Monitor uses an advanced algorithm based on your User Profile to estimate your maximum heart rate and calculate other heart rate information. To ensure accuracy of the watch's advanced functions, this information must be programmed in the Programming Sequence.

12. Select Gender (M=male, F=female) by **PRESSING** the **START/STOP (S/S)** or **RESET (R)** key. Set Gender by **PRESSING** the **MODE** key.
13. Adjust Year of Birth (BIRTH in upper line of display) by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
14. Select Height Units (IN=inches, CM=centimeters) by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
15. Adjust Height by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
16. Select Weight Units (LB=pounds, KG=kilograms) by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
17. Adjust Weight by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
18. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence & resume Operating mode.

**NOTE:** It is recommended to program your Heart Rate Zone before using the watch during exercise (See page 14 "Setting Target Heart Rate Zone").



ADJUST S/S or R



SET. MODE



## SETTING THE WATCH FUNCTIONS

### HEART RATE TARGET ZONES

The Sportline 560 Duo Heart Rate Monitor allows you to select from 3 preset Heart Rate Target Zones (AEROBIC, FAT BURN and HEALTH) and 1 user-defined Target Zone. The watch tracks time IN, ABOVE and BELOW Target Zone during exercise.

### SELECTING YOUR TARGET HEART RATE ZONE

Losing weight and managing to keep it off is a lot easier when you exercise in your target heart rate zone. To determine your target heart rate zone, first subtract your age from 220. That's an estimate of your maximum heart rate. To get the most out of any exercise program, you should target 50% to 85% of your maximum heart rate depending on your fitness level and objectives.

#### Health Zone: 50% - 65% of maximum heart rate.

This zone is ideal for fitness beginners on a low to moderate intensity program. Exercising in this zone reduces blood pressure and cholesterol.

#### Fat Burning Zone: 65% - 75% of maximum heart rate.

Exercising in this zone strengthens the cardiovascular system and nearly all the calories burned are from fats.

#### Aerobic Zone: 75% - 85% of maximum heart rate.

Reaching this zone requires more intense aerobic activity and is perfect for fitness enthusiasts working to burn maximum calories from fat and carbohydrates. Cardiovascular strengthening, increased metabolism and elevated caloric burn are the primary benefits.

## SETTING THE WATCH FUNCTIONS

### SETTING HEART RATE TARGET ZONES

The monitor automatically calculates your Maximum Heart Rate from your User Profile and uses this information to display Heart Rate Zones.

**NOTE:** This information must be programmed prior to selecting Target Zone. See page 12.

1. In Heart Rate/Chronograph mode, **PRESS & HOLD** the **MODE** key to enter the Programming Sequence.
2. Select Target Zone (Health, Fat-B=Fat Burn, AEROBIC=Aerobic, USR=User Defined) by **PRESSING** the **START/STOP (S/S)** or **RESET (R)** key. Set Target Zone by **PRESSING** the **MODE** key.
3. Select Zone Alarms ON or OFF by **PRESSING** the **S/S** or **R** key. Set Zone Alarms by **PRESSING** the **MODE** key.  
**NOTE:** Zone Alarm is an audible signal that sounds when you are above or below your selected Target Heart Rate Zone.
4. Adjust Target Zone Lower Limit (ZONE-L in display) by **PRESSING S/S** or **R** key. Set by **PRESSING** the **MODE** key.
5. Adjust Target Zone Upper Limit (ZONE-U in display) by **PRESSING S/S** or **R** key. Set by **PRESSING** the **MODE** key.  
**NOTE:** While the watch allows you to manually adjust Zone Limits, it is recommended to leave them on factory defaults unless consulted by a certified trainer or physician.
6. Select Activity Level (ACT in display) (estimated personal activity level – high=very active, etc.) by **PRESSING S/S** or **R** key. Set by **PRESSING** the **MODE** key.
7. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence and return to Heart Rate/Chronograph mode.



ADJUST S/S or R



SET MODE

## SETTING THE WATCH FUNCTIONS

### SETTING DAILY ALARM

The Sportline 560 Duo Heart Rate Monitor features a Daily Alarm. To set Alarm:

1. To access Daily Alarm, **PRESS & HOLD** the **START/STOP (S/S)** key in Time mode.
2. Turn Alarm ON or Off by **PRESSING** the **START/STOP (S/S)** or **RESET (R)** key. Set by **PRESSING** the **MODE** key.
3. Adjust Hour by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
4. Adjust Minutes by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
5. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence and return to Time mode.



ADJUST: S/S or R



SET. MODE

## SETTING THE WATCH FUNCTIONS

### SETTING THE COUNTDOWN TIMER

The Sportline 560 Duo Heart Rate Monitor is equipped with a 10-hour Countdown Timer. To set Timer:

1. **PRESS & HOLD** the **MODE** key in Timer mode.
2. Adjust Hours by **PRESSING** the **START/STOP (S/S)** or **RESET (R)** key. Set by **PRESSING** the **MODE** key.
3. Adjust Minutes by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
4. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence and return to Timer mode.

### OPERATING THE COUNTDOWN TIMER

To operate the Timer:

1. To **START** timing, **PRESS** the **START/STOP (S/S)** key.
2. To **STOP** timing, **PRESS** the **S/S** key.
3. To **RESET** the Timer, **PRESS** the **RESET (R)** key.



START/STOP  
TIMING: S/S



RESET: R



ADJUST: S/S or R



SET. MODE

## OPERATING THE WATCH

### OPERATING HEART RATE/CHRONOGRAPH MODE

The Sportline 560 Duo Heart Rate Monitor is equipped with a 10-hour, 25-lap Chronograph which also doubles as an exercise timer. This mode is also the primary Heart Rate mode which tracks and displays all heart rate information. Chronograph time is displayed in the upper display line. Heart Rate information is displayed in the lower display line. The following table shows the watch's display icons and their meaning:

| symbol | what it means                            |
|--------|--|
| ◀ ZONE | Heart Rate is below selected Target Zone |
| ZONE ▶ | Heart Rate is above selected Target Zone |
| ZONE   | Heart Rate is in selected Target Zone    |
| MAX    | Maximum Heart Rate for workout           |
| AVG    | Average Heart Rate for workout           |

| symbol | what it means   |
|--------|---|
| ♥      | Heart Rate is being detected                                |
| %      | Heart Rate as a percentage of calculated Maximum Heart Rate |
| 🔔      | Hourly Chime is activated                                   |
| ⏰      | Daily Alarm is activated                                    |
| 🔋      | Low Battery warning   |

## OPERATING THE WATCH

### ACQUIRING HEART RATE WHILE WEARING THE CHEST BELT

The Sportline 560 Duo Heart Rate Monitor is equipped with a 10-hour, 25-lap Chronograph (stopwatch) which also doubles as an exercise timer. When this timer is activated, the watch will automatically begin displaying the heart rate reading from the chest strap. To operate the chronograph and begin acquiring heart rate:

1. Press the Start/Stop (S/S) key while in Heart Rate/Chronograph mode, and the chronograph will begin timing and trying to acquire the heart rate.  
**NOTE:** The watch will automatically begin trying to acquire the heart rate (a flashing heart icon will be shown on the screen) from the chest strap once the start/stop key is pressed and the timer begins running.
2. To time a lap, **PRESS** the S/S key. Split time will display for period of 10 seconds and timing will resume (to review Chronograph data, see Page 20 "Chronograph Memory").
3. To STOP timing, **PRESS & HOLD** the S/S key for 2 seconds.
4. To RESET the Chronograph, **PRESS & HOLD** the RESET (R) key.  
**NOTE:** To view heart rate data in Memory, DO NOT RESET THE CHRONOGRAPH.  
**NOTE:** The chest strap must be worn at all times to display a continuous heart rate reading on the watch. See p.8 for details on wearing the chest strap.  
**NOTE:** If issues acquiring heart rate, ensure that the chest strap is fitted firmly to the chest and that the conductive pads touching the skin have been moistened with sweat or water. Dry skin can prevent accurate readings.



## OPERATING THE WATCH

### HEART RATE SUB MODES

The Sportline 560 Duo Heart Rate Monitor has 8 Heart Rate sub modes that feature detailed heart rate feedback. Scroll through sub modes by **PRESSING** the **RESET** key in Heart Rate/Chronograph mode. If Chest Strap Transmitter is used, lower line will display current heart rate. If heart rate is being acquired through Finger Touch, lower line will display last heart rate reading.



## OPERATING THE WATCH

### WORKOUT MEMORY

The watch has a Memory mode that allows you to view detailed lap feedback from your last workout.  
**NOTE:** Chronograph must not be reset to view exercise data.

1. Scroll to Memory Mode by **PRESSING** the **MODE** key.
2. First screen displays total time for workout, average heart rate for workout and number of laps.
3. Scroll through individual lap data (lap time and average heart rate for lap) by **PRESSING** the **START/ STOP (S/S)** or **RESET (R)** key.



## OPERATING THE WATCH

### VIEWING THE BACKLIGHT SYSTEM

The watch is equipped with an electroluminescent (EL) Backlight System for viewing the display in low light conditions. To operate the Backlight System:

1. **PRESS** the **EL** key. Backlight will illuminate for approximately 5 seconds.

**Note:** Excessive use of Backlight System may significantly reduce battery life.

### DEACTIVATING TOUCH HEART RATE

If you wish to deactivate the touch heart rate feature, in Time mode, **PRESS & HOLD** the **RESET/LOCK** button for 3 seconds. A lock icon will appear on the screen indicating the feature is deactivated. Hold the button again for 3 seconds to activate the feature.

### RESETTING THE WATCH

In rare circumstances, you may wish to completely reset the watch to factory defaults.

1. In Time mode, **PRESS & HOLD** the **MODE**, **START/LAP/STOP**, and **RESET/LOCK** buttons at the same time for 5 seconds. The watch will power down. Then, **PRESS & HOLD** any button for 3 seconds to turn the watch back on.

## RANGES & SPECIFICATIONS

### TIME

- AM, PM, hour, minute, second
- 12/24 hour format
- Calendar: month, date, day display with auto leap year adjustment

### ALARM

- Daily alarms
- Alarm duration: 30 seconds

### CHRONOGRAPH

- Resolution: 1/100 second
- Measuring range: 9 hours, 59 minutes, 59.99 seconds
- 25 Lap
- Split times display

### HEART RATE

- Range: 40-240 beats per minute
- 4 Heart Rate Target Zones
- Height setting range: 11" - 8' 4" (28 - 254cm)
- Weight setting range: 22 - 484 lbs (10 - 220 kg)
- Calorie Tracking Range: 0 - 9999
- Fat Burn range: 0 - 9999 grams

### COUNTDOWN TIMER

- Resolution: 1 second
- Measuring Range: 9 hours, 59 minutes, 59.99 seconds

### OTHER

- Electroluminescent (EL) backlight
- Water resistant up to 50 meters
- Battery: CR 2032 (X2)

## REPLACING THE WATCH BATTERY

The Sportline 560 Duo Heart Rate Monitor uses a single CR2032 lithium battery.

**Battery replacement will be required from time to time, and should occur when:**

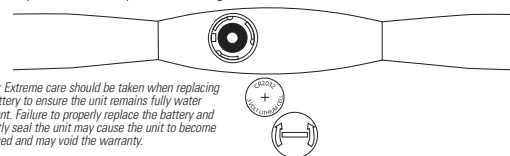
1. The display fades in part or completely
2. The heart rate function will not activate
3. Backlight system does not operate
4. The battery icon is visible

To replace the battery of your Sportline 560 Duo Heart Rate Monitor, we recommend you take it to a watch repair service center or certified jeweler. This will ensure that the water resistance will be retained after battery replacement.

## REPLACING THE CHEST TRANSMITTER BATTERY

The Sportline 560 Duo Heart Rate Monitor features a wireless heart rate transmitter, powered by a CR2032 3v Lithium battery. Under normal conditions you can expect to get approximately 300-400 hours of heart rate transmitter use with a fresh battery. To replace the battery:

1. Using a coin, turn the battery door counter clockwise until the door comes free of the watch.
2. Take care not to damage the O-ring seal for the battery compartment and carefully remove the old battery.
3. Place a new battery in the battery compartment with the positive (+) side toward the battery door.
4. Place the battery door over the opening and tighten it down by using a coin and turning in a clockwise direction.
5. If the O-ring has been damaged, replace it before reinstalling the battery door. Most jewelers and watch shops should have replacement O-ring seals.



## BATTERY SAFETY INFORMATION

### ▲CAUTION – BATTERY SAFETY INFORMATION

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries should only be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Exhausted batteries are to be removed
- Do not mix old and new batteries
- Do not dispose of batteries in fire; batteries may explode or leak
- Do not dispose of product in fire; batteries may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner



The purpose of the crossed-out wheeled bin symbol is to remind us that most electrical products, and batteries, contain trace elements (including Mercury – Hg, Cadmium – Cd and Lead – Pb) which could be harmful to our environment and therefore our health. We must all be careful to dispose of them responsibly in a specifically designated way – either using a collection scheme or into the correctly labelled civic amenity (NOT into general waste) – this will help your local authority to arrange to recycle or dispose of them in the appropriate manner.

## TROUBLE SHOOTING

### POTENTIAL CAUSES FOR NO HEART RATE READING OR LONG RESPONSE TIME:

#### CAUSE: DRY SKIN

**SOLUTION:** Apply conductive gel thoroughly to chest area (for Chest-Strap measurement) or finger (for Finger-Touch measurement). Tap water may help if conductive gel is not available.

#### CAUSE: CHEST STRAP IS NOT CONTACTING WITH SKIN

**SOLUTION:** Make sure the chest strap is firmly over the chest and the Watch is securely on wrist.

#### CAUSE: MUSCLE TREMORS CAUSED BY PRESSING ON SENSORS TOO HARD (FINGER TOUCH)

**SOLUTION:** Decrease finger pressure on the Sensor Pads.

#### CAUSE: DEAD SKIN ON WRIST, FINGER OR CHEST.

**SOLUTION:** Rub off excessive dead skin with a towel.

#### CAUSE: A THIN LAYER OF BODY GREASE INSULATES THE ECG SIGNAL PREVENTING THE CHEST STRAP OR WATCH FROM DETECTING ECG HEART RATE

**SOLUTION:** Wipe chest/wrist and the back of Chest Strap/watch with a tissue or soft towel.

#### CAUSE: HAIRY SKIN

**SOLUTION:** Apply conductive gel to chest area or wrist.

#### CAUSE: LOW BATTERY

**SOLUTION:** Replace the battery in watch/transmitter and try again.

#### CAUSE: ELECTRICAL FIELD INTERFERENCE FROM RF DEVICES (CHEST-STRAP MEASUREMENT) SUCH AS OVERHEAD POWER LINES, ETC.

**SOLUTION:** Leave the area where RF source potentially exists.

## FCC COMPLIANCE

**The device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.**

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the product.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the transmitting equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio technician for help.

## WARRANTY

### GUARANTEE CERTIFICATE – FOR PURCHASES MADE IN THE U.S.

If at any time within five (5) years from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: **EB SPORT GROUP, 585 Oak Ridge Road, Hazleton, PA 18202**. Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.

(PLEASE PRINT CLEARLY)

|                      |     |                      |
|----------------------|-----|----------------------|
| NAME                 | TEL | STORE PURCHASED FROM |
| ADDRESS              |     | DATE OF PURCHASE     |
| CITY                 |     | PURCHASE PRICE       |
| STATE                | ZIP |                      |
| PROBLEM WITH PRODUCT |     |                      |

### REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

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### FOR PURCHASES MADE IN THE UK:

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement.

**EB Brands UK, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA**  
**www.sportline.com**

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**560 DUO HEART RATE MONITOR**